

((Monroe Institute Blog – October 19, 2023))

## CHANGING THE WAY YOU SEE FOCUS LEVELS PER PROGRAM

*Malorie Mackey*

*Actress, author and adventurer*

*Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out [www.maloriesadventures.com](http://www.maloriesadventures.com) for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.*

If you've been through a program or two at the Monroe Institute, you've become accustomed to experiencing different Focus levels. In fact, you are likely so familiar with them that you consistently experience each Focus level the same way in each meditation. For instance, I always see Focus 12 presented as a stone circle with gateways to different possibilities. For some reason my mind interprets it that way, whereas in Focus 15 I can see these cords of lifelines that flow around my existence. Each person will have their own unique experiences in each Focus level, which is a wonderful thing, but when we become used to each one, it's likely we see or experience it the same way (or almost the same way) every time. It's human nature to find comfort in familiarity, and I'm sure most people do this regularly (as do I) in their meditations, too.

The same applies to our Pic Codes. When you take Guidelines **or Lifeline**, you usually participate in an exercise where you come up with your own Pic Code that can help you move seamlessly throughout each Focus level. For me, and I'm sure for many others, that Pic Code doesn't really change. But what if it did? What if you start experiencing Focus levels and seeing your Pic Code change throughout different programs? Well, that's not quite as uncommon as you may think, and it's definitely a fun and interesting experience to continually be surprised throughout your meditation journey. In fact, as I've said before, that's one of my favorite things about my Monroe meditations—they are constantly surprising me.

This exact thing happened to me as I was taking Starlines Virtual Retreat this past month, and the little surprise changes to my regular meditation routine both shook things up and gave me a good laugh as I was meditating. It's more than a little important to have humor in your meditations, after all.

I first realized these subtle changes when I went into Focus 12 in one of the earlier meditations of the week, and rather than seeing the stone archways I usually see in Focus 12, they appeared to me more metallic and space-ship-like in shape and material. They just naturally visualized more thematic to the topic of the program in a way that I didn't expect, and it was fun to surprise myself that way. They even began rotating a bit as if I was meditating in space. Honestly, it made me giggle, as this has never happened in any other program before, but the surprise presented itself and I couldn't help but feel refreshed from it. These elements presented themselves more throughout the different Focus levels as I continued the program throughout the week.

Then, when I got to Focus 43, when we were instructed in one of the exercises to use our Pic Codes, I found that the color of my pic code had changed from this earthy green to a bright violet. The symbol looked the same, but I could only "see" it presented to me in this way in this **Focus level**, and it felt so right. It surprised me and allowed me to see a subtle, refreshing change that brought a smile to my face.

I guess the takeaway I learned from this is that the mind is a fun and wonderful place that sometimes needs little changes. And it's fun to allow yourself the fluidity and freedom to experience each program as if it was your first-time meditating, to break free of preconceived notions and be able to be surprised and fully invested. Always leave room for creativity and play, and especially be open to experiencing each Focus level in a different way each time you meditate, whether or not you actually do wind up experiencing it differently. We are beings who are constantly changing based on our experiences. Who I was yesterday is not who I am today. So, the way I perceive my meditations will likely change throughout the years with me. It just makes sense. Coming at your meditation without preconceived notions can be difficult, but it's worth it when you wind up surprising yourself and experiencing the wonderful nature of your own consciousness from different viewpoints.